



W/C	Tuesday Speedwork	Thursday Run	Races / Events
3/5/21	<p>600m Reps:</p> <p>6-8 x 600m @ 5 to 10km effort</p> <p>2min jog/walk recovery</p>	<p>5 to 8 miles hilly:</p> <p>Easy to steady pace.</p> <p>Work a little harder on the hills if you like!</p>	
10/5/21	<p>Increasing pace / shortening reps:</p> <p>Warm up.</p> <p>2x 4mins / 1 min jog then</p> <p>4x 1min / 90sec jog then</p> <p>4x 30 seconds / 1min jog</p> <p>Cool down</p>	<p>1 hour negative split run:</p> <p>Flattish or rolling out and back route:</p> <p>-Run out at a steady pace</p> <p>-Turn at 31 mins</p> <p>-Try to get back to your start point before the hour is up!</p>	
17/5/21	<p>Ade's Favourite:</p> <p>Warm up</p> <p>6x 2mins / 2mins recovery</p> <p>Cool down</p>	<p>10k Loop</p> <p>Run as you feel.</p> <p>Push the pace in the middle if you like but make the first and last mile easy!</p>	
24/5/21	<p>Off road Kenyan Hills:</p> <p>Warm up</p> <p>3x 6mins / 3mins recovery</p> <p>Cool down</p> <p>The aim is to maintain a consistent effort level whether running up or down the hill.</p> <p>Wear trail shoes especially if wet!</p>	<p>Social Run</p> <p>Easy, chatty ~ 5 miles</p> <p>Hopefully these runs will finish at a pub soon!</p>	

Pace and effort explanations:

Easy: You can easily hold a conversation at this pace. Jogging between reps is even slower.

Steady / Uptempo: Around 70-75% of max. heart rate. Working a little but still comfortable. Marathon race pace would be on the faster end of this range.

Threshold: Roughly the maximum pace you could sustain for 1 hour in a race. Gets less comfortable with time and talking is limited to bursts of a few words.

Interval pace: This will be specific to the particular session you are running but will typically be faster than threshold pace, for example around 5k race effort.

Strides: Fast bursts of 10 - 20 seconds at about 90-95% of your flat out sprint. Designed to get the muscles firing and help improve your stride efficiency. Give yourself at least 40 seconds to a 1 min recovery between each stride.